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Military 'has to change'



Glynis Rogers, lead plaintiff and former CAF member. CONTRIBUTED

CANADIAN ARMED FORCES

**N.S. woman
leads class
action lawsuit
claiming bullying,
sexual assault**



**Haley
Ryan**
Metro | Halifax

A Nova Scotia woman leading a proposed class action lawsuit is hoping to "incite some change" after speaking up with personal and graphic allegations of misogyny, sexual harassment and assault in the Canadian Armed Forces (CAF).

A statement of claim against the federal government was filed Monday with the Nova Scotia Supreme Court by Halifax-based lawyer Ray Wagner, alleging the Attorney General of Canada is vicariously liable for the alleged misconduct.

"It honestly breaks my heart that ... it almost feels like it's the norm for the military and that's not right. It

has to change," Glynis Rogers, lead plaintiff and former CAF member, said in an interview Monday.

Rogers, from Yarmouth, is the only plaintiff now but if the case proceeds the class could include any woman who claims similar treatment.

After enrolling as officer in the CAF out of high school in 2006, Rogers attended the Royal Military College (RMC) in Kingston, Ont. The allegations happened in her time at RMC, the claim reads, job training in Greenwood, N.S., and at CFB Borden in Ontario when Rogers was in the aerospace engineer officer basic course.

The suit alleges Rogers encountered persistent and systemic gender-based discrimination, bullying and harassment from male members, especially during training.

Specific allegations range from offensive comments, including Rogers being called a slut on "numerous occasions," being slapped on her behind by a superior and having her intelligence regularly questioned, to a sexual assault in

February 2012 when she was at CFB Borden.

The claim says Rogers eventually reported the incident and the male member was found guilty, but he later appealed and was acquitted.

"It's more the military culture, this misogynistic culture that causes these issues. Most women I'd assume would have at least some similar experiences," Rogers said. "It's almost ingrained."



The severity of this issue has just been downplayed so much.

Glynis Rogers

Constant exposure to a "degrading culture towards women" in the CAF impacted Rogers' "physical and mental health and feelings of self-worth," until she was placed on permanent medical category, and was released from the CAF this August.

Although Rogers said having such personal details on the public record makes her feel "a little vulnerable," she feels it's vital to follow through

with the suit.

"I think it will incite some change," Rogers said.

"No matter what the outcome, if the military sees that this is a serious issue, that is my main goal."

It's tough for women in the CAF to speak up about any harassment, Rogers said, since they often feel like they won't be believed and fear career repercussions.

Rogers said the current poli-

cies aren't working — "Operation Honour," intended to address sexual harassment, is widely known in the military as "Hop On Her."

A spokesperson confirmed the CAF had been served with the lawsuit, and said the government is deciding its "next steps."

Wagner said it will likely be sometime next year before they know if the class action suit will proceed.

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'It was just a mistake'

Restorative justice program

JUSTICE

Cafe owner forgives woman who broke into business



Yvette d'Entremont
Metro | Halifax

Carolyn Stewart and Meghan Peters sat together Monday morning, chatting like old friends.

They were nervously waiting to speak with reporters following a press conference about the expansion of the province's restorative justice program.

The pair got to know each other after Stewart broke into Peters' café in Antigonish about a year ago. They opted to participate in adult restorative justice.

"I wanted to meet the woman who broke in and so I asked the police officer who arrested her if there was any way I'd be able to meet her and he said, 'Actually, there is,' and he spoke to the Crown," Peters recalled.

"We met and we spoke for a couple of hours and it was a very touching experience. I got a lot of answers. I had so many questions. Why? How? And she answered them and I saw that she was very, very remorseful and that it was just a mistake."

Peters said she feels justice was served, and she and Stewart are working together to



Carolyn Stewart, left, and Meghan Peters got to know each other through the restorative justice program after Stewart broke into Peters' café. JEFF HARPER/METRO

deliver a community dinner to help Stewart further "redeem" herself in the eyes of the community.

"I definitely feel that I've been healed by getting to know her and getting some answers from her," the co-owner of the Tall and Small Café said.

Stewart, 22, said breaking into the café was her first, and last, brush with the law.

"When I was approached about this restorative justice program it was the only opportunity I saw to actually take ownership for what I did on my own," she told reporters on Monday.

"As terrifying as it is to look someone in the eye and say 'I did this to you,' I really appreciate the opportunity and I think that it was needed and

I think that it's a good opportunity for anyone."

Stewart said the experience was scary, but she also described it as emotional, healing and cleansing.

"Just to meet her (Meghan) and to hear her story and how I actually impacted her, the extent of the impact that I had on her, was really influential for me," she said.



I definitely feel that I've been healed by getting to know her and getting some answers from her.

Meghan Peters

By the end of this month, Nova Scotia will have the only province-wide restorative justice program in Canada available to both adults and youth.

At a press conference on Monday morning, Justice Minister Diana Whalen said the program has proven so successful with youth that it is being expanded to include adults.

"We've seen how restorative justice can benefit our youth and we believe it can do the same for adults," Whalen told reporters.

"We certainly had to show that it works, that it is restorative, that it isn't a lighter way to go, that it's actually difficult for people who have committed an offence to come and face those people who've been harmed," she said.

Adult restorative justice replaces the adult diversion program. It will have the same parameters in place as the youth program.

This means some offences, including those of a sexual nature and those resulting in serious personal injury, aren't eligible for restorative justice.

"I'm optimistic it's going to divert cases that otherwise would have been in the courts. We know our court system is really backed up," Whalen said.

"I hope this will be one part of the solution to us having fewer cases that really shouldn't be before a judge."

Whalen said the program can be delivered with existing resources and will be in place by the end of the month.

YVETTE D'ENTREMONT/METRO

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PROVINCIAL POLITICS

Brad Johns wants to run for Tories

Former Halifax regional councillor Brad Johns is taking a run at provincial politics.

Johns was defeated in last month's municipal election after 16 years as councillor for District 14, and on Monday, he announced in a news release that he's seeking the Progressive Conservative nomination in the provincial riding of Sackville-Beaver Bank.

In the news release, Johns, a former teacher's assistant and school librarian, says he's disappointed in Stephen McNeil's handling of negotiations with teachers.

"It's hard to believe that Stephen McNeil has mismanaged these negotiations so badly that we are now facing the first teachers' strike in our province's history," Johns is quoted.

Johns is also quoted as saying that PC leader Jamie Baillie "gets it," and he's "very eager



Brad Johns. METRO FILE

to be a part of his team and particularly support his mental-health initiatives, his strong job-creation plan and his desire to restore pride in this great province of ours."

There is no scheduled provincial election on the horizon, though the PC Party has been securing candidates for several ridings in the province. Sackville-Beaver Bank is currently held by Liberal MLA Stephen Gough. ZANE WOODFORD/METRO

City's snow removal plan leaves some cold

WINTER

Councillor wants overhaul of sidewalk clearing system



Zane Woodford
Metro | Halifax

The snow has yet to fly in Halifax, but the always-controversial topic of sidewalk snow clearing is on the agenda at city hall on Tuesday.

A report headed to regional council recommends the municipality maintain its existing service standards when it puts out for new contracts next spring; consolidate some contracts from routes to zones; combine street and sidewalk snow clearing tenders in some areas; and "improve communications with property owners regarding clearing of property and maintain existing sidewalk service."

The recommendations are in response to a request from council to have municipal staff look at the implications of increasing the service standards from 18 hours after snowfall to 12 hours for Priority 2 sidewalks, and from 36 hours to 24 hours for Priority 3 sidewalks.

Staff recommended against that option because it would cost about \$2.9 million annually.



A sidewalk snowplow makes its way along Robie Street as people wait for a bus in 2015.

JEFF HARPER/METRO



The problem is, do we need sidewalk snow clearing, or should we go back to what we used to have? Coun. Shawn Cleary

District 9 Coun. Shawn Cleary said in an interview that those standards aren't good enough, and he won't be supporting the recommendations to council on Tuesday.

"If we're going to have this service, we need to have it so that it actually does something," he said.

"Frankly, in my neighbour-

hood, by the end of the day, everyone's cleared out because we've all done it ourselves."

The municipality took on sidewalk snow clearing in 2013. Previously, residents were required to shovel the sidewalk around their properties.

Cleary said that in speaking with people during the elec-

tion campaign about sidewalk snow clearing, most wanted to get rid of it and go back to shovelling their own sidewalks.

But, he said, "there is a substantial community out there that wants to keep it, but it can't stay the way it is. It has to get better."

He'd like to see a complete overhaul of the sidewalk snow clearing system, and describes the report before council as "tinkering around the edges."

"It doesn't get to the necessary changes that are really required to get at the heart of this issue," he said.

IN BRIEF

Man facing charges after stabbing on fishing wharf

A Halifax-area man is facing numerous charges after police say he stabbed another man in the foot over the weekend. RCMP say a man went into a home in Boutilliers Point at about 4 p.m. on Saturday.

After he did so, a 49-year-old man went to Government Wharf in St. Margarets Bay to confront the 38-year-old man just before 6 p.m. The two men got into a fight on the wharf, and police say the 38-year-old man pulled

out a knife and stabbed the 49-year-old man. METRO

Pedestrian in hospital after running into vehicle: Police

Halifax police say a pedestrian was taken to hospital after "she ran into a vehicle."

At 5:50 p.m. Sunday, police say the 22-year-old woman was "running across the street to catch a bus when she ran into a vehicle travelling on Coburg Road."

She was taken to the QEII Hospital with non-life-threatening injuries. METRO

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Protesters gathered outside the Sobeys in Upper Tantallon in March, part of a months-long boycott on their part. JEFF HARPER/METRO FILE

Sobeys boycott called off

HUMAN RIGHTS

Protest against racial profiling over in face of retailer change



Adina Bresge
For Metro | Halifax

A group of 19 churches has called off its months-long boycott of Sobeys supermarkets over the grocer's reluctance to address racial profiling in its stores.

In a press release Monday, The African United Baptist As-

sociation asked its supporters to stop boycotting the chain, citing Sobeys' commitment to go "beyond the requirements" of a human rights decision ordering the company to provide its employees with racial sensitivity training.

"We are accepting the remedy," said Shauna Selig, a spokeswoman for Sobeys, in an interview.

"I think we're taking steps now to make things right."

The AUBA, whose churches welcome more than 3,000 members across Nova Scotia, called on its flock and allies to snub the chain after Sobeys contested a Nova Scotia Human Rights Commission ruling that found employees at a Halifax-

area store had discriminated against a black shopper.

Last year, a commission board of inquiry determined that Andrella David, who is black, had been racially profiled at a Sobeys in Tantallon in May 2009 after staff falsely accused her being a "known shoplifter."

Sobeys' decision to appeal the ruling sparked outrage in the African-Nova Scotian community — including the province's first black lieutenant-governor, Mayann Francis, who was moved to speak about her own experience of being racially profiled.

Faced with a boycott, Sobeys withdrew its appeal in August and agreed to comply with

the commission-ordered settlement. More than five years after David filed her discrimination complaint, she has received \$21,000 in damages and a written apology from the grocery chain about her "experience in the store," according to Selig.

Selig said the AUBA-backed boycott hurt Sobeys' "corporate reputation," but she wouldn't say if the protest affected the grocer's bottom line.

Sobeys, which has 1,500 stores under a variety of banners, has agreed to offer company-wide employee training about racial profiling, said Selig, including face-to-face sessions at the store where David's incident occurred.

Selig said Sobeys is hosting a "welcome back" luncheon for former boycotters at its Tantallon location, an event the AUBA has billed as the "grocer's apology to the residents of Upper Hammonds Plains for its employee's racist characterization of the community."

"That is the statement they released," Selig said of the event's description. "We're just happy to have them back." Sobeys has acknowledged that racial profiling is an issue, Selig said, one that "is not isolated" to the retailer.

"It has been a long journey," she said. "We've recognized that it's an issue and that's why we're going above and beyond."

COURTS

Pastor's trial calls on memory expert

Brent Hawkes' gross indecency trial heard testimony Monday on the nature and fallibility of memory.

Timothy Moore, chair of the psychology department at York University's Glendon College, told the judge that memories are by nature "constructive and reconstructive."

Moore said people often recall events differently, and time "can alter or change or misdirect the nature of" memories.

"Memories can undergo a substantial amount of modification over time and the longer the time, the more opportunity for misinformation to occur," he said in Kentville, N.S., provincial court.

Hawkes is accused of performing sex acts on a teenage boy more than 40 years ago when the Toronto pastor was a teacher in his mid-20s in Nova Scotia's Annapolis Valley. Hawkes, a prominent rights activist, has denied the allegations and pleaded not guilty to indecent assault and gross indecency.

Last Tuesday, a man testified that when he was about 16, Hawkes led him down a hallway during a drunken get-together at his trailer in Greenwood, N.S., and forced oral sex on him in a bedroom.

Moore said it is well-known liquor can impair memories, and an alcoholic blackout can lead to their fragmentation and to assumptions that could be conflated with real memories.

"It would be improbable that the person would be aware of the fragmentation of their memories," he said.

But he also said that some are true memories.

"Some of our memories are recollected with high fidelity. I don't think anyone would dispute that," he said.

THE CANADIAN PRESS



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ENVIRONMENT

Emission reductions to date helped N.S. win deal

Ottawa and Nova Scotia announced an agreement in principle Monday that would allow the province to use coal-fired electrical plants beyond the new federal deadline to phase them out by 2030.

The concession is part of negotiations toward a new equivalency agreement that recognizes the work Nova Scotia has already done on greenhouse gas reductions. The province has already met Canada's target of a 30 per cent reduction in emissions from 2005 by 2030.

Nova Scotia Premier Stephen McNeil also announced during a joint news conference with federal Environment Minister Catherine McKenna in Halifax that his province would also adopt a cap and trade system for industry, with the details to be worked out by 2018.

The province opted for cap and trade after McNeil had made it clear that he wanted no part of a proposed carbon tax, saying it would be too expensive for his province's mainly rural economy.

"They (Ottawa) recognized over successive governments that we had a unique situation here in Nova Scotia," said McNeil. "We are already at the 2030 target today ... and it doesn't mean we want to stop and we will not stop."

McKenna touted the agreement with Nova Scotia as proof the federal government is serious about moving ahead on climate change, but in a way that accommodates the concerns of the provinces and territories.

"Nova Scotia's multi-pronged approach builds on the province's existing actions and en-



Steam rises from Nova Scotia Power's Tuft's Cove. THE CANADIAN PRESS

ures that Nova Scotia will remain a leader in contributing to Canada's international target under the Paris Agreement," McKenna said.

Under the current equivalency agreement, the province must reduce greenhouse gases by 25 per cent by 2020, and 55 per cent by 2030.

Once it is finalized, the new agreement will allow Nova Scotia to find the reductions that would have been realized through reducing coal in other areas of the electricity sector. That will mean reducing 4.5 megatonnes of CO2 emissions after 2030.

The province has previously projected that coal would continue to play some part in its energy mix until 2042, although officials said there was no timetable yet for plant closures under the new agreement.

McNeil maintains that allowing Nova Scotia to use coal for a longer period than the 2030 deadline will lower costs for energy consumers.

Coal power in Alberta, Saskatchewan, New Brunswick and Nova Scotia accounts for 10 per cent of Canada's total greenhouse gas emissions.

THE CANADIAN PRESS

MARINE LIFE

Search on for pod of dolphins after three found dead on shore

Marine rescue workers are looking for a pod of dolphins that may be trapped in a small Nova Scotia harbour after three of the mammals washed up dead on shore.

Andrew Reid of the Marine Animal Response Society is in the Merigomish Harbour area today, where he is trying to determine if any of the 15 dolphins that were seen last

week are still there.

He says the remains of two of the common male dolphins were discovered by a passerby last week, while a third dolphin was found on the shore of Big Island on Sunday.

Reid says preliminary examinations indicate the animals had no obvious health problems aside from being somewhat thin, adding to the

suspicion that they became caught in the bay and stranded themselves when they couldn't get out.

He says the bay has a narrow opening, making it difficult for the dolphins to leave after possibly going in to chase fish.

Reid says they may use boats to try to guide any remaining dolphins back out to open ocean. THE CANADIAN PRESS

A bag to help the homeless

CHARITY

Backpack made for life on streets heads to Vancouver

Jen St. Denis
Metro | Vancouver

A backpack designed specifically for the homeless and already distributed to 35,000 people in the United States is heading to Vancouver.

A Chicago charity called CityPak and Wolfe Auto Group, a vehicle dealership based in Surrey, have partnered to distribute a total of 750 backpacks in Vancouver and Surrey.

"It's made of ballistic nylon, it's very, very weather resistant, and it has features on it that no backpack has ever had," said Ron Kaplan, the founder of CityPak. The backpack is designed to be rain and theft-resistant, with a strap that can be worn around the wrist or ankle, and loud Velcro closures that would alert the wearer to an attempted theft. It also has a waterproof pouch



Bruce Austin shows off his new backpack. "Something like this is really precious to me," he says.

JEN ST. DENIS/METRO

for important identification documents, straps on the bottom to hold a blanket or sleeping bag, and a poncho that fits into a pocket in the bag.

"Something like this is really precious to me," said Bruce Austin, who was picking up one of the backpacks at the Union

Gospel Mission shelter on Vancouver's East Hastings Street.

"I can put my clothes and my stuff in this, instead of carrying (it) around in something like this," he said, showing the reusable shopping tote he had been using.

The backpacks were created

by High Sierra, a company that makes hiking backpacks, and are manufactured in China, Kaplan said. He declined to say how much each backpack costs and Tristan Schon, director of marketing for Wolfe Auto Group, said the company did not want to divulge the total amount of



CONTRIBUTED

the company's donation.

Kaplan, who has worked for many years in the music industry, said he first got the idea for the backpack after designing a waterproof pouch to use to keep important items in during long cycling trips. He met Mike Hacquard, vice president of Wolfe Auto Group, during a cycling trip in Maui.

"Mike came to me and he said, 'The homelessness situation in Vancouver is very horrible, what if we fund this for you?'" Kaplan said.

CRIME

Mountie guilty of abusing son

An Ottawa judge found a suspended RCMP counter-terrorism officer guilty in a "gut-wrenching" case Monday after hearing how the accused chained up his 11-year-old son in the basement and tormented him.

The evidence presented at trial — illustrating how the adolescent boy was abused, confined, burned, beaten, assaulted and starved — was "unequivocal and overwhelming," Justice Robert Maranger said.

Ultimately, Maranger said, it was the video evidence created by the boy's own father that proved the most damning.

Three separate recordings were found on the man's cell-phone. They depicted a quivering boy, naked and wet with his hands tied behind a post, as his father insisted that he renounce Satan.

The 44-year-old man, who cannot be identified, was convicted of two counts of aggravated assault, one each of sexual assault causing bodily harm, unlawful confinement, assault and failing to provide the necessities of life, and a range of firearms offences.

THE CANADIAN PRESS

CRTC tightens reins

Canada's broadcast regulator renewed the licences of most TV service providers for one year, rather than the usual seven-year term, as it keeps a close eye on whether their basic cable offerings are keeping customers' interests and wallets in mind.

"We have the one-year licence renewal to have a watchful eye on the deployment of this next phase of the Let's Talk TV policy," said Scott Hutton, the CRTC's executive director of broadcasting. The Canadian Radio-television and Telecommunications Commission's so-called skinny basic TV policy goes into full effect on Dec. 1.

Since March 1, TV service providers have had to offer customers basic cable packages at no more than \$25 monthly, and allow them to add on extra channels individually or through pre-packaged bundles of up to 10 channels. Starting in December, companies must offer both individual and small packages of channels to customers.

The regulator will evaluate how well the TV service providers adhere to these practices, as well as other compliance issues, when their licences are set to expire next year.

THE CANADIAN PRESS



Computer Science professor Yoshua Bengio says artificial intelligence "will affect pretty much every economic sector."

THE CANADIAN PRESS

Montreal's a hub for intelligent investment

Artificial intelligence, once relegated to the realm of science fiction, is now found in everything from translation services to virtual assistants to video games.

And as companies race to develop self-driving cars and offer increasingly personalized online experiences, they're building on research that was largely pioneered by a group of Canadian researchers who are still attracting plenty of attention and investment dollars.

Montreal, in particular, has developed a concentration of expertise in the area of AI, largely thanks to the efforts of Université de Montreal professor Yoshua Bengio, head of the Montreal Institute for Learning Algorithms (MILA). "(AI) will affect pretty

much every economic sector; right now is just the tip of the iceberg," Bengio said.

As a result of its research, Bengio says the institute has attracted interest from "most of the major IT companies," some of which have also provided funding.

Now, tech giant Google is jumping in, investing \$4.5 million over three years to support the institute's research, as well as opening an AI research group at its Montreal office.

This comes on the heels of the Canadian government announcing an investment of more than \$200 million in three Montreal universities to create a learning hub to explore AI and big data. THE CANADIAN PRESS

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Trump to kill off trade deal

ECONOMY

President-elect vows to take executive action on day 1

President-elect Donald Trump has pledged to begin the process of withdrawing from the Trans-Pacific Trade Partnership on his first day in office.

In a video released on YouTube Monday, Trump attacked the 12-nation pact, which is aimed at removing barriers to trade and is awaiting ratification after seven years of negotiations, promising to replace it with a series of individual deals.

It will be part of a series of "executive actions we can take on day one," the incoming U.S. president said.

He said he will "issue a notification of intent to withdraw from the Trans-Pacific Trade Partnership, a potential disaster for

our country."

He continued: "Instead, we will negotiate for bilateral trade deals that bring jobs and industry back onto American shores."

Trump also said he will begin his term of office by cutting restrictions on some types of energy production, including shale gas and coal.

Earlier, Japanese Prime Minister Shinzo Abe said the TPP would be "meaningless" without the United States.

Abe spoke after attending a weekend meeting of Asia-Pacific leaders in Peru at which some said they might seek to modify the 12-nation TPP pact to make it more appealing to Trump, or seek to implement it without the U.S. But Abe discounted the idea of going ahead without American participation.

"TPP is meaningless without the United States," he said at a news conference during his official visit to Argentina.

METRO WITH FILES FROM THE ASSOCIATED PRESS



Trump outlined his plans in a YouTube video YOUTUBE.COM



'Little rascal' Prince George and his father Prince William at Government House in Victoria, B.C. in September. THE CANADIAN PRESS

Parenting 'quite a change' for William

Prince William has spoken about fatherhood, revealing he's just like regular parents and has "struggled at times."

The royal, who was on a two-day trip to Vietnam to raise awareness about illegal wildlife trade, gave a lengthy interview to Talk Vietnam.

As well as discussing wildlife protection in a recent interview, he spoke about his wife, Kate Middleton, and his two children, Prince George, 3, and Princess Charlotte, 1.

"There's wonderful highs and there's wonderful lows," Prince

William said of parenthood. "It's been quite a change for me personally. I'm very lucky in the support I have from Catherine. She's an amazing mother and a fantastic wife."

"But I've struggled at times," he added. "The alteration from being a single, independent man to going into marriage and then having children is life-changing. I adore my children very much and I've learned a lot about myself and family just from having my own children. It's amazing how much you pick up just in those

moments."

The Prince spoke about his son George, calling him "a little rascal," who "keeps me on my toes."

"But he's a sweet boy," Prince William added.

He also talked about his daughter Charlotte. The Prince, who grew up with his brother Prince Harry, did not have any sisters, and said "having a daughter is a very different dynamic."

"So I'm learning about having a daughter ... but it's wonderful and fantastic."

TORSTAR NEWS SERVICE

JAPAN

Fukushima on alert after quake

Japan has lifted a tsunami warning for its northeastern coast nearly four hours after a powerful offshore earthquake.

A tsunami advisory for waves of up to 1 metre (3 feet) remains in place for much of the Pacific coast.


The earlier warning was for waves of up to 3 metres (10 feet). The Japan Meteorological Agency had urged residents to flee quickly to higher ground.

The largest wave recorded was 1.4 metres (4.6 feet) at Sendai Bay. Fukushima prefecture is home to the nuclear power plant that was destroyed by a huge tsunami following an offshore earthquake in 2011.

The operator of the Fukushima Dai-ichi plant said there were no abnormalities observed at the plant, though a swelling of the tide of up to 1 metre has been detected offshore.

Plant operator TEPCO said a pump that supplies cooling water to a spent fuel pool at the nearby Fukushima Dai-ni plant stopped temporarily, but that it was working again. The Tokyo-based utility is investigating the cause.

THE ASSOCIATED PRESS



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EMMA TEITEL ON GOOD CITIZENSHIP IN A NEW MEDIA AGE

We live in a state of social, technological and political flux. And like the 'poor devils' on Downton we appear to be acting like 'chickens with our heads cut off.'



This past week, when my wife Ella was sick with bronchitis and depressed about the victory of Donald Trump, she escaped into the soothing, low-stakes world of Downton Abbey.

Downton Abbey is a place where picking up the wrong fork at dinner is a sin on par with manslaughter, as is walking into the servants' quarters unannounced and wearing to supper what you wore to lunch.

Ella laughed hard when Mr. Carson, Downton's officious butler with a heart of burnished gold, struggled to use the telephone.

And she laughed again when Lord Grantham, the estate's patriarch, balked at his young niece Lady Rose's suggestion that Downton Abbey get (gasp!) a radio.

But I didn't laugh.

In fact, I couldn't laugh, not just because I had already binge-watched Downton Abbey ages ago, but because the apparently absurd, change-wary world it portrayed no longer struck me as quaint and escapist but as uncomfortably familiar.

The stretch isn't as hard as you might think. Like the characters on Downton Abbey (both upstairs and down) we too live at the relative dawn of a new century, in a state of social, technological and political flux. And like the "poor devils" on Downton (to borrow a phrase from Lord Grantham) we also appear to be navigating this new world like (to borrow a phrase from Mrs. Pat-

more, Downton's exasperated cook) "a bunch of chickens with our heads cut off."

For proof of our own extreme cognitive dissonance, a hundred years post-Downton, look no further than the deluge of doomsday predictions and anxious monologues that continue to dominate our social-media news feeds day in

of American adults get their news from Facebook, and a lot of that news, unknown to the people sharing it, originates from media sources that are not merely biased but often satirical, hyper-partisan and deliberately misleading.

If you don't think this is a problem, you either aren't on Facebook or you're a spokes-

cebook regularly, for instance, and more than half of them do so daily."

Given those statistics, here's hoping that they (i.e. we) take to heart the advice of Melissa Zimdars, a Massachusetts college professor, who recently compiled a list of phoney and misleading news sites that peddle half-truths, untruths and screaming headlines written specifically to get our goat.

If an online news story "makes you REALLY ANGRY," writes Zimdars in a Google Document she's made available to the general public, "it's probably a good idea to keep reading about the topic via other sources to make sure the story you read wasn't purposefully trying to make you angry (with potentially misleading or false information) in order to generate shares and ad revenue."

Amen. We have a duty to ourselves, to our democracies and to future generations to brush up on our media literacy skills. And we have a duty not to scoff at new media, as Lord Grantham and Mr. Carson scoff at the radio, or to kowtow to it (as they eventually do), but to use it subversively, with a healthy dose of skepticism, and to use it to share information responsibly.

This is nothing more than paying it forward. Before we know it, our great grandchildren will be escaping the madness of their own day (ahem, climate change) to indulge in TV dramas about the early 21st century, a time and place when their ancestors attempted something called "the mannequin challenge" and swallowed wholesale phoney news stories about the end of the world. Let's try not to give them too much material to roll their eyes at.

Emma Teitel is a national affairs columnist for the Toronto Star.



HEALTHY SKEPTICISM? Mr. Carson, Downton Abbey's butler, didn't even trust the radio. What would he make of Facebook? CONTRIBUTED

and day out, partly the result of Donald Trump's improbable victory and the piqued conservative reaction to liberal anguish about that victory. But even more the result of the very revolutionary online media we've had to navigate, an innovation as problematic as, yes, the radio once was.

In fact the online universe is also instrumental in another development that might be even more troubling: This is the growing charge that phoney and fabricated news stories, consumed and shared en masse on Facebook, have begun to take a far greater role in deciding our elections and shaping our democracies than the legacy media institutions that ruled the 20th century.

In other words, Goodbye New York Times, Hello The Daily Current, Breitbart and Clickhole. Today, nearly half

person for it.

Facebook, predictably, tried its very best this week to deny that it had an outsized influence on the U.S. election. According to a spokesperson from the social network, in a written statement to the Toronto Star, "While Facebook played a part in this election, it was just one of many ways people received their information — and was one of the many ways people connected with their leaders, engaged in the political process and shared their views."

In Facebook's defence, there are people around who still read print newspapers and listen to the radio, but this group (much like the lords and ladies of Downton Abbey in 1916) is a quickly dying breed. According to the American Press Institute, "Fully 88 per cent of Millennials get news from Fa-

The city's transit plan falls short of its promise. Let's fix it.

HALIFAX MATTERS
Tristan Cleveland



Last year, Auckland, New Zealand, increased their bus ridership by 20 per cent.

How did they achieve such a huge bump? Massive piles of money? A new subway?

No, they just redesigned their network to make better use of the buses they already had.

That's what Moving Forward Together, Halifax's new bus plan, was supposed to do.

It didn't.

To understand the problem, consider Barrington Street. So many buses drive up the street daily that if you spaced them out, one would come every three minutes or more. They serve so many different routes, however, that you can still wait 20 minutes to catch the one you need.

The overlapping routes are wasteful and so complex that maps are near impossible to read. People without smartphone data have no easy way to figure out which bus to take.

The new plan has 10 high-frequency corridor routes and six of them will funnel down Barrington Street. Another nine local and peak routes will also ply the street. That means perhaps even more buses will be crammed into that one poor street while routes elsewhere will still have too few buses to

make transit convenient.

The trouble is, our planners were too afraid to disrupt how people currently use the system and didn't focus on how they — and potential new riders — would benefit from a fundamentally different system.

With this approach, mediocrity was inevitable.

While the Moving Forward Together plan was adopted in April, council at the time asked staff to consider multiple options to improve it. This week, our planners are telling council that no changes should be made.

This is unacceptable.

So where do we go from here? We should at least fix the corridor routes. Imagine if you could easily memorize a network of 10 routes that go to every major destination in the city; 10 routes on which buses come every 10 minutes all day, every day.

Everything else we can fix or adjust over time, but to achieve the sense of freedom of being able to get anywhere in the city fast, we have to get the corridors right.

It's time we bring in the kind of outside expert who has successfully implemented such corridors in cities around the world.

There is no sense asking the public to relearn the system, and spending huge amounts to change routes, if it won't bring the improvements we need.

There's no point in rushing towards a mistake.

Let's get this right.

We have a duty to our democracies and to future generations to brush up on our media literacy skills.

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ATHLETICS

Millennials say spending more on exercise is worth it

Megan Haynes
For Metro Canada



Carly Chow likes to move. The 30-year-old has done everything from juggling and burlesque classes, to samba lessons and pole dancing.

The sales and marketing professional also does flexibility/contortion classes (to help her get into the hard-to-reach splits for certain pole tricks), as well as lyra (hanging hula hoop dancing) and occasionally silk aerial classes. Sometimes she even sneaks in a game of dodgeball.

The array of aerobics helps her work on her upper body strength, and ensure the Albertan, who now lives in Toronto, can eat as much steak as she likes.

It's one reason the monthly price tag (approximately \$140 for a subscription to her dance studio, \$80 every two months for performance troupes, \$45 for the occasional workshop, \$15 for drop-in classes elsewhere, plus gear) doesn't turn her off.

She's not the only millennial dropping big bucks for fitness. The industry is growing — private gyms grew 5.6 per cent between 2011 and 2016, and is now a \$3 billion industry, according to research firm Ibis. Millennials make up 40 per cent of aerobic activity participants (activities other than weights, running or biking), says Matthew Teeple, manager sports, at research firm NPD Group. Athletic clothing and footwear is also growing at a rate of seven per cent a year, he says, and millennials in particular make up 30 per cent of these purchases — or more than \$2.4 billion annually.

Sensing the opportunity, higher-end specialized studios have been creeping into the market. Earlier this month, New-York based cycling studio SoulCycle announced it will bring its classes (ap-



When fitness upends your budget

Carly Chow (above) and Jennica Fudge (right) spend about \$2,000 and \$1,000 a year, respectively, on classes. CONTRIBUTED

proximately \$34 US per class, plus \$3 for clip-in shoe rentals) to Canada.

That may be pricey for some, but millennials overall want to lead "healthier" lifestyles and are willing to prioritize spending on it as a result, Teeple says.

Elijah Di Gangi, 28, has been a fitness

buff for the past decade. The marketing professional estimates his gym membership cost to be \$100 a month (although about half of it is subsidized by work), while supplements and vitamins add up to about \$60 each month.

"I have no qualms with paying that

amount. I think it pays for itself in how great I feel, and certainly I'd rather spend the money on bettering myself physically than drinking or squandering it on things I don't need."

Chow also is comfortable with how much she spends, and not just because

MONEY

Cut other monthly expenses to save in favour of fitness costs

When it comes to fitness, the key is to live within your means, says Shannon Simmons, a financial planner and founder of New School of Finances. Cut other recurring costs, like cable, or negotiating a smaller cellphone bill, to help balance the budget. Walking more or eating out less can also be healthy ways of saving money in favour of fitness.

Never let the cost of a membership — often a subscription that isn't seen — sit on a credit card, and never sacrifice savings goals for a quick work out, she says.

Finally, if you're paying for a gym class or membership, make sure to take full advantage of the workout.

MEGAN HAYNES/FOR METRO

of the fitness aspect. She appreciates the sense of community and the comfort level she develops with the teachers and fellow students at her classes.

"I like working out as a socializing activity — you can talk to your friends, make new ones," she says. "It's a safe environment and it's a supportive community."

Ottawa-based Jennica Fudge does four to five belly dancing classes a week, at an average cost of \$135 a month. It's a creative outlet for the 29-year-old graphic designer, who also sees the dance classes as a way to connect with new people.

She says the cost isn't a concern — she has a pretty strict budget, and tries to

stay well within it while continuing to meet her savings goals.

She also says she's frugal with the rest of her money.

"It's not like I'm going to go drop money on an expensive jacket," says Fudge. "And if there's one month I can't afford the class, then I don't go."



HEALTH

Botox in your 20s? Millennials embrace age of prejuvenation

Some millennials keen on preserving their youth are turning to Botox to smooth away hints of creases on their faces before they become pronounced.

A recent survey of American Academy of Facial Plastic and Reconstructive Surgery members reported a surge in patients under 30 getting "preventative Botox."

Toronto-based cosmetic plastic surgeon Cory Torgerson said he's "definitely seeing" it.

"The (millennials) are cued in to preventative maintenance and are engaging in injectable cosmetic procedures more common-

ly in their 20s and 30s," he said.

The American Society for Aesthetic Plastic Surgery reported that Botox treatments for people between the ages of 19 to 34 shot up by 41 per cent between 2011 and 2015. The trend doesn't surprise Candace Shaw, a Toronto-based cultural commentator.

"We have such an image driven culture, so I can see why a lot of people, especially people who grew up in a culture where we have the Internet, we have Facebook, we have Instagram, are responding by saying, 'well, I want to look my best and in

this culture my best is not having wrinkles,'" she said.

Gina Bourne, a 31-year-old OCAD student who also works as an executive assistant, started getting Botox when she was 29.

"(At the time) nobody I knew was doing it," she said. "I had these lines between my eyebrows and on my forehead and I just had been feeling like I was looking a little tired for a while."

Bourne did some research and found Botox, one of three products that stop muscles from contracting, pulling on the skin and creating wrinkles, was preventa-

tive, so she kept the treatments up. "I definitely feel that it's had a good result for me," she said, adding she doesn't look tired and doesn't worry about "going out without makeup on."

It's not just the pre-creased millennial women who are smoothing the developing lines. Young men do too. Torgerson estimates about 25 per cent of his millennial-age clients are men.

"On the one hand it's a shame that people feel the pressure to take fairly invasive medical steps to avoid aging," said Shaw.

TORSTAR NEWS SERVICE

Dr. Cory Torgerson, a Toronto-based cosmetic plastic surgeon, said he's been seeing a trend of millennials coming in for preventative Botox. AZZURA LALANI/TORSTAR NEWS SERVICE



A case of Gilmore the merrier

NETFLIX

Lorelai, Rory and Co. return and serve up a slice of comfort

The familiar voices float softly from a black screen, as if in a dream.

There's Luke, gruffly: "How many cups have you had this morning?" And this parent-child banter: "Did you do something slutty?" Rory teasingly asks her mom. "I'm not THAT happy," shoots back Lorelai.

Thankfully, it's not imagined. It's the reality of Gilmore Girls, returning Friday after a nine-year absence, during which longtime fans pined for what they'd lost and newcomers discovered what they'd missed through reruns.

Opening-credit snippets of the show's hallmark dialogue kick off Netflix's sequel to the 2000-07 broadcast series with a promise: the characters, their snappy banter and the show's key notes will be honoured.

But the four-part Gilmore Girls: A Year in the Life is aimed at more than true believers, creator Amy Sherman-Palladino said in an interview.

"We want it to be something that fans know, but if you haven't watched Gilmore you can come to it fresh and take it on face value: It's a story of three women, an intergenerational, multi-generational story, and you are catching them at times that each of their lives is changing."

That trio around which the universe rotates consists of devoted single mom Lorelai Gilmore (Lauren Graham), her equally devoted daughter Rory (Alexis Bledel) and stern grandmother Emily (Kelly Bishop). As the first chapter opens, Lorelai and Rory are still the belles of fictional Connecticut hamlet Stars Hollow — so perfect, quips

Lorelai, it belongs in a snow globe.

Luke (Scott Patterson), Lorelai's on-again, off-again love is here, as are the supporting characters who gave the show, well, character. That includes official town nudge Taylor (now lobbying for a sewer system); reliably idiosyncratic Kirk (he's just launched Ooover, a non-app version of Uber) and even buoyant chef Sookie (courtesy of Melissa McCarthy's return to her TV roots).

Whatever bliss viewers find in the girl-power dramedy's resurrection may be exceeded only by that of Sherman-Palladino, who wrote and produced it with Dan Palladino, her husband and creative partner on the sequel and the original.

"It was literally like no time had passed," Sherman-Palladino told a TV critics' news conference. "It was joyous. It was fun. It was exhilarating."

Graham sees Gilmore Girls as a welcome refuge from hard-edged TV and our prickly modern reality in general.

"I think it's because it's extremely comforting in a world that is lacking comfort and has a great choice of shows available that are stressful — great, but stressful — and so this kind of stands out in the way that it did then," she said.

The 90-minute episodes follow the seasons and are titled for each, starting with Winter. While Lorelai and Emily face Richard's death in their own way, they also find their relationship affected by it.

Rory's romantic past is a factor as all of her ex-boyfriends appear "one way or another," said Bledel. So is the character's journalism career, and while Bledel is aware that her character's love life intrigues viewers, she'd like them to consider the complete young woman.

"There is so much more to her character that it's great when people focus on those things,



Lorelai and Rory Gilmore (Lauren Graham and Alexis Bledel) are finally back in our lives. SUPPLIED/NETFLIX

on her ambition and her accomplishments," the actress said.

Given that all the episodes will be made available at once on streaming service Netflix, Sherman-Palladino sees trouble on the horizon.

After holding close the four words she's long said should end the Gilmore saga (she wasn't in charge of the show's last season on the CW network), she wants viewers to avoid spoiling the experience, either by posting the phrase or by impatiently jumping to the final scene.

"It's going to mean a lot more if you've taken the journey, and it's going to mean a lot less if you just flip to the last page. ... It's a fun trip. It's worth it," she said.

THE ASSOCIATED PRESS

Bubba Domestic Medium Hair

Bubba is a gentle soul with eyes that suggest they have seen a lot in his 15 years. He is a senior cat with a calm and dignified presence, and a big happy purr. He loves to have you rub his forehead and cheeks. He came to the shelter after someone noticed him hanging around outdoors in a Dartmouth neighbourhood, and now he is safe and cared for at the SPCA shelter in Burnside.

Can't you just picture him snoozing in the sun on a bed in his new forever home, purring up a storm and reveling in the love and attention he is certain to receive?

For more information on Bubba and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Fifth Harmony
That's My Girl
- 5 Twenty One Pilots
Heathens
- 4 Niall Horan
This Town
- 3 Hedley
Can't Slow Down
- 2 Jon Bellion
All Time Low
- 1 Ariana Grande
Side To Side

1-800-368-1013 or 1013

Canadian opera group The Tenors will perform the anthem at the Grey Cup without controversial "All Lives Matter" ex-member Remigio Pereira



Canadian rookie earns his first win in a playoff

PGA TOUR

Hughes caps wire-to-wire victory with unlikely finish

Mackenzie Hughes figured he was down to his last chance to stay alive in a four-man playoff Monday morning in the RSM Classic.

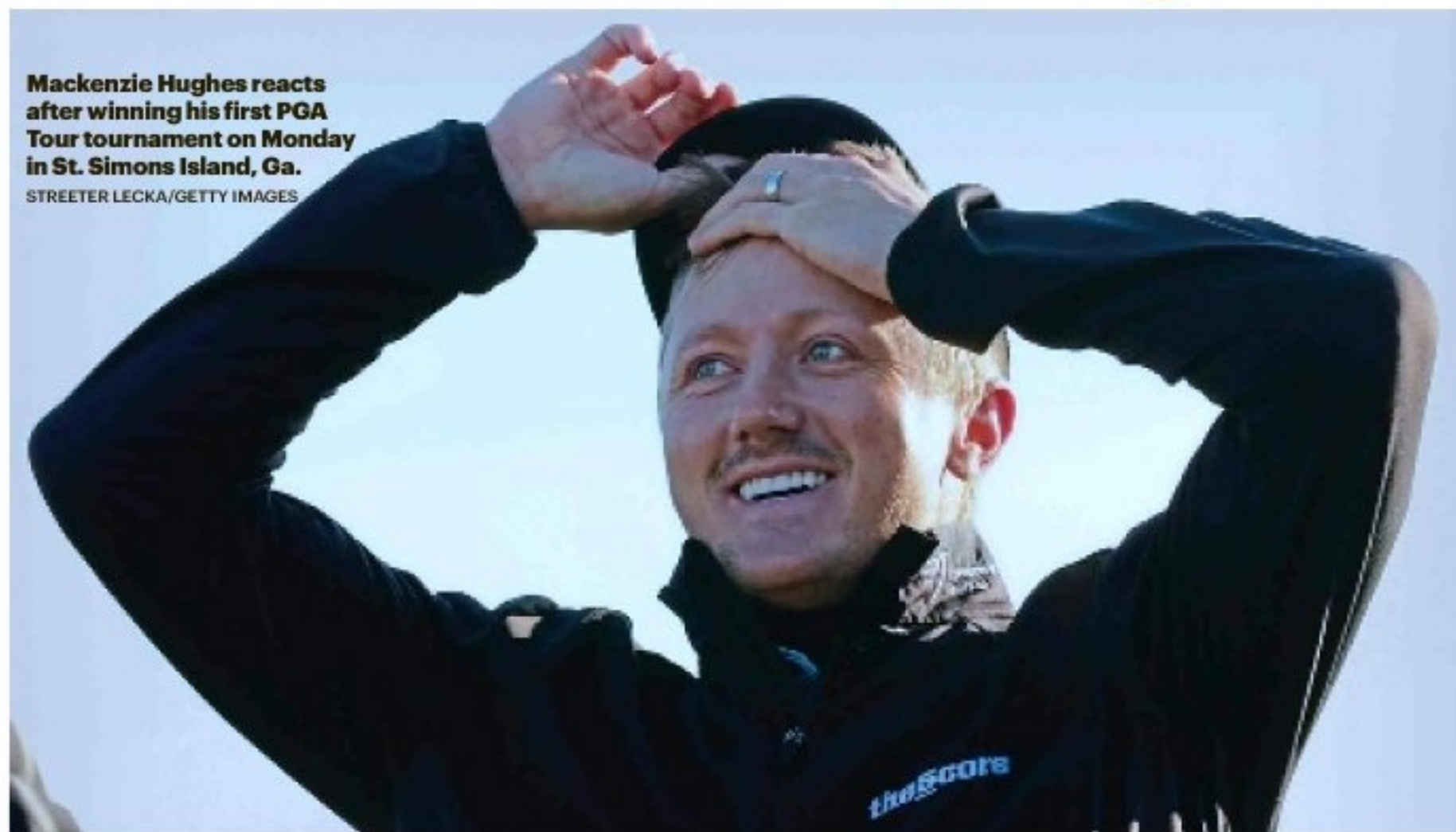
The Canadian rookie with pluck and a pure putting stroke poured in an 18-foot par putt from off the 17th green at Sea Island, and that last chance turned into his first PGA Tour victory when the other three players all missed from 10 feet or closer.

"I made the putt of my life right there," Hughes said.

Hughes, from Dundas, Ont., calmed his nerves and came up clutch in the morning chill, becoming the first PGA Tour rookie in 20 years to go wire-to-wire for his first victory. The final day of a long year on the PGA Tour brought a most unlikely finish.

Hughes had a chance to end it Sunday until his 10-foot birdie putt in the dark on the 18th hole turned away. The next morning, he was the only player who was never on the green at the par-3 17th until his ball was in the cup.

Blayne Barber, Henrik Norlander and Camilo Villegas narrowly missed their par putts to extend the playoff.



Mackenzie Hughes reacts after winning his first PGA Tour tournament on Monday in St. Simons Island, Ga. STREETER LECKA/GETTY IMAGES

Hughes was watching from off the green, and the prospect of winning became more real with each putt that missed — first Barber, then Norlander. And when Villegas missed his seven-footer, Hughes dropped his putter, turned his back on the green and knocked off his cap as he rubbed his head in disbelief.

"If I didn't make, I thought I

\$1M
The win netted Hughes \$1.08 million US.

was probably out," Hughes said. "Before I hit it, the thought was, 'Just make them think about it.' Put this putt in first, and if you

can be the first guy in, put the pressure back on them. And that's what happened."

The victory sends the 25-year-old to the Masters. One of his most vivid golf memories as a kid was watching Mike Weir win the green jacket in 2003.

"He was texting me last night a little bit," Hughes said. "It's pretty cool to have a guy like that to lean on for advice."

The last rookie to go wire-to-wire for his first win was Tim Herron at the 1996 Honda Classic. Hughes started this week with a 61, and he led after every round until he was posing with tournament host Davis Love III with the trophy.

Hughes, who closed with a 69 and finished at 17-under 265, capped a memorable fall season.

THE ASSOCIATED PRESS

NHL

Laine's start mirrors Ovie's

How do Patrik Laine's dazzling first 21 games stack up against Alex Ovechkin, the superstar goal-scorer he's long been compared to?

Pretty favourably actually.

Starting his NHL career in the 2005-06 season, Ovechkin surged out of the gate with 15 goals and 22 points in his first 21 games with Washington, while firing 111 shots on goal. At the same stage of his rookie year with Winnipeg, Laine has 12 goals and 18 points, if managing a more tidy 57 shots.

Ovechkin would eventually beat out Sidney Crosby for the Calder Trophy in 2006, finishing with 52 goals and 106 points. The Russian star is now the grizzled 31-year-old captain of the Capitals and easily the greatest scorer of his generation and one of the best all-time.

Over the stretch of 12-plus years since he entered the league, Ovechkin has 171 more goals than his next closest competitor (Jarome Iginla).

Laine has a long way to go to reach those heights, but he's on the right track in the earliest stages of his highly touted NHL career. THE CANADIAN PRESS



Alex Ovechkin GETTY IMAGES

RUGBY

Canada set to clash with No. 1 Kiwis

Canada has named an unchanged starting 15 to face New Zealand on Wednesday in Dublin in a showdown of the top two women's rugby teams in the world.

The Black Ferns are ranked No. 1 in the world while Canada reclaimed its No. 2 position in this week's rankings. The two teams are

slated to meet next August in the pool stage of the Women's Rugby World Cup.



We are not really impressed by the haka, to be honest.

Francois Ratier

Canada coach Francois Ratier has stuck with the same team that thumped fifth-ranked Ireland 48-7 on Saturday.

New Zealand is coming off a 25-20 win over England on Sunday. THE CANADIAN PRESS

IN BRIEF

Cardinals head coach Arians hospitalized

Arizona Cardinals head coach Bruce Arians was in the hospital Monday after feeling ill overnight, the team said.

The Cardinals issued a statement that said the 64-year-old coach was not feeling well Sunday night after returning home from Arizona's game in Minnesota and his wife took him to the hospital. All tests conducted so far had come back favourably, the team said. THE ASSOCIATED PRESS

BASEBALL HALL OF FAME

More stars tied to steroids on ballot

Steroids-tainted stars Manny Ramirez and Ivan Rodriguez are on baseball's Hall of Fame ballot for the first time along with Vladimir Guerrero.

Jeff Bagwell is the top holdover on the 2017 Baseball Writers' Association of America 34-player ballot announced Monday. He fell 15 votes short of the required 75 per cent in 2016 voting.

Ramirez was suspended for 50 games in 2009 while with the Los Angeles Dodgers for using a banned female fertility drug while Rodriguez was never disciplined for PEDs but former Texas teammate Jose Canseco alleged in a 2005 book that he injected the catcher with steroids.

THE ASSOCIATED PRESS

5

Roger Clemens and Barry Bonds are on the ballot for the fifth time.



Patrik Laine has 12 goals through 21 games. BRUCE BENNETT/GETTY IMAGES

RECIPE Pasta e Fagioli



PHOTO: MAAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This veggie-packed stoup (part soup, part stew: it's a thing!) is the perfect, healthy winter warmer.

Ready in: 35 minutes

Ingredients

- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- 3 medium carrots sliced thinly
- 1 yellow or green zucchini, halved and then sliced
- 6 or so mushrooms cleaned and sliced
- 1 14 oz. can of cannellini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can of drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary
- 1/2 cup grated parmesan

Directions

1. Sauté onion, garlic and celery in olive oil until they soften, about 3 minutes. Add carrots and cook 2 minutes before adding the zucchini and mushrooms. Let vegetables soften just a bit before adding the stock.

2. Drain the can of cannellini beans and scoop out about a third of a cup and roughly mash it. Put the mashed and unmashed beans into the pot and stir. Cover and simmer for 5 minutes.

3. Drain the tomatoes and add them, breaking them up with your spoon. Simmer for 5 minutes.

4. Add the cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

Serves 6

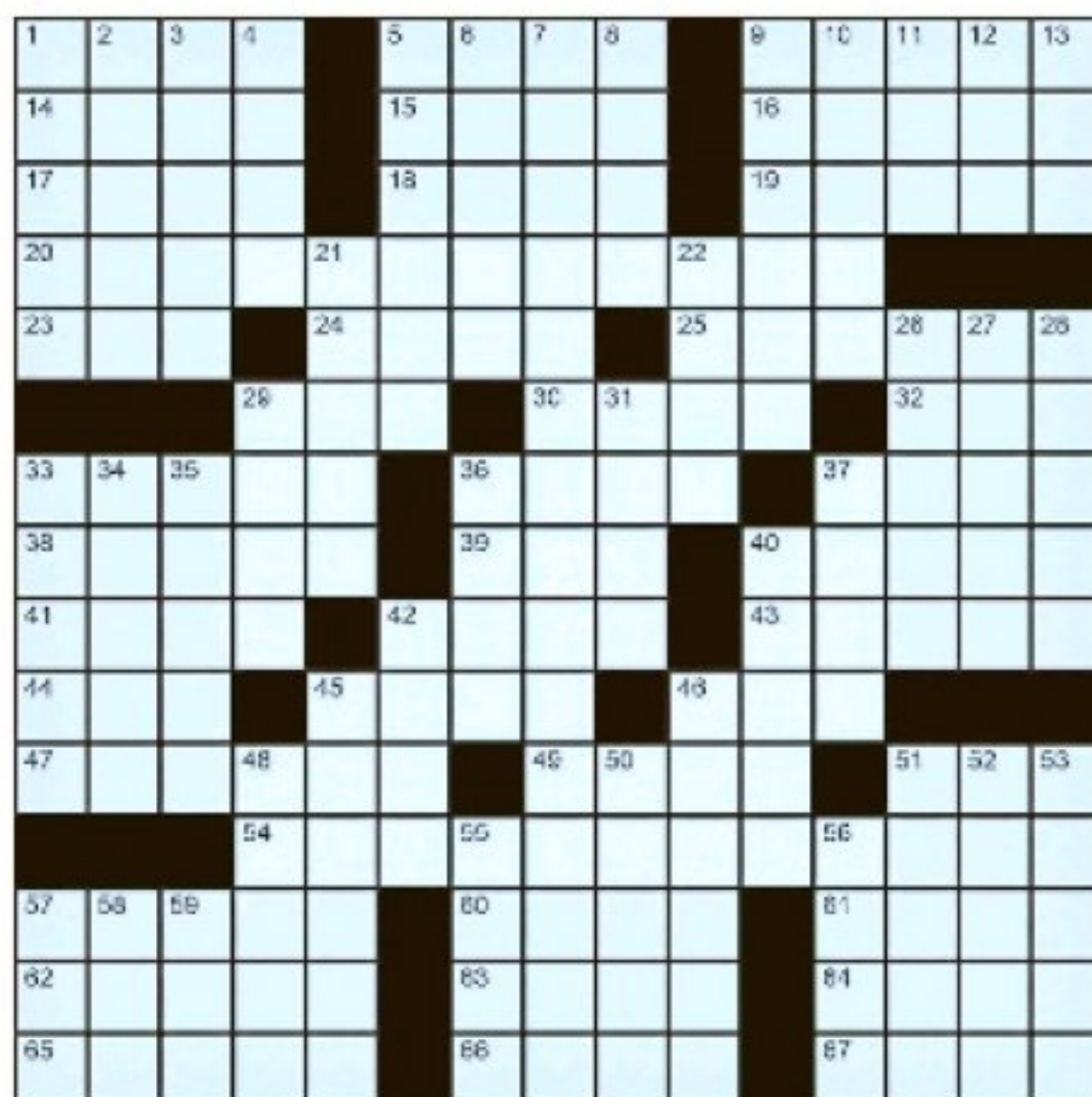
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Hollywood headliner
- ...fide (Authentic)
- Tightfisted
- ...down the runway
- "All By Myself" by ... Carmen
- Kitchen appliance
- "Step ..."
- Musicals lyricist Tim
- Boring tool
- Woodstock, New Brunswick born lead singer of April Wine; 2 wds.
- ...de deux
- ...Ration dog food
- ...balloon
- Break a Commandment
- Balanced
- Open with might
- Clean, clean, clean...
- Hearty meal
- Top-... washer
- Country singer Mr. Black
- Driver's 4x4, commonly
- Maison's entrance
- Military level
- Guitar bar
- Autumn flower
- Noah's creation
- Sense
- Lots of mins.
- Spice mixture of India
- Assist in wrong-doing



- Gent's title
- ... National Historic Site of Canada (Hudson's Bay Company installation built in 1833 in the Northwest Territories)
- Tony ... (Former British PM)
- Land-on-water

- Helix
- Baseball legend Yogi of famous quotes
- Nickel, for one
- Angela's mother on "Who's the Boss?"
- Desert transport
- Deep ... bends (Gym moves)
- Jumpy

DOWN

- Take big bold steps
- Ms. Roberts of "Charlie's Angels"
- Botanical leaf-to-stem angles
- Ancient temple ceremony, for one
- Candice of 1988 to

- 1998 comedy "Murphy Brown"
- The Hunter constellation
- Songstress of late-'70s chart-topper "Lotta Love" (Trivia! It was written by Neil Young); 2 wds.
- Perfected

- Colouring book colourer
- Regularly frequented hangout
- The Queen's lang.
- 'Foot' finisher
- 'P' in MPH
- Avoid, as an issue
- "Is it ever hot!"
- Towards the ship's left side
- Totally ticked
- ... Cup (Golf trophy)
- "You ... My Battleship!"
- Depilatory brand
- "Buzz off!"
- Santa ... California
- Sounds from the sties
- Certain
- Business write-off
- ... Quebecois (Political group in Quebec)
- "... Factor"
- Blooming
- Roch Voisine title song lady
- Burning
- Negate
- Hair accessory
- Cupcake topping
- Convey
- Foe in Fido's fur
- Highest point
- UK network
- Ms. Michele
- Strong-...

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy travelling today. You also will enjoy studying something new. Discussions about politics, religion and racial issues will be positive. (How refreshing.)

Taurus April 21 - May 21
This is an excellent day to decide how to divide an inheritance or deal with shared property, taxes, debt and insurance issues. All parties will be upbeat and positive.

Gemini May 22 - June 21
Relations with partners and close friends will be positive and fun-loving today. People are willing to look for solutions instead of focusing on problems.

Cancer June 22 - July 23
Work-related travel is likely today. This also is an excellent day to propose an idea to co-workers, because they likely will endorse you.

Leo July 24 - Aug. 23
Enjoy playful activities with children today. This also is a great day for a vacation or social occasions. Even teaching children will be a positive experience.

Virgo Aug. 24 - Sept. 23
You feel encouraged about home improvements. In fact, family discussions will be particularly positive today. It's a good time to implement your ideas.

Libra Sept. 24 - Oct. 23
Whatever you do today, you will be ambitious and expansive with your plans and ideas. You're not afraid to think big, because you feel confident!

Scorpio Oct. 24 - Nov. 22
This is an excellent day for business and commerce. Whatever you initiate likely will create a profit for you today and in the future.

Sagittarius Nov. 23 - Dec. 21
You are eager to talk to others today because you have big ideas and you want to share them with someone. The force of your enthusiasm will make others agree with you, because nothing succeeds like success.

Capricorn Dec. 22 - Jan. 20
Behind-the-scenes research will go well today, because you are confident that you will find what you're looking for.

Aquarius Jan. 21 - Feb. 19
Conversations with young people will be upbeat today. If you talk to a group, people will quickly fall in line with your suggestions because you are confident and positive.

Pisces Feb. 20 - March 20
This is an excellent day to talk to bosses, parents and VIPs. Make your pitch and push your agenda, because people are in such a positive frame of mind today, they probably will say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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